### Tier 1

**Reducing excess weight = improving chances of conceiving and prepares body for demands of pregnancy**

**Benefits of managing weight before pregnancy:**
- More enjoyable pregnancy and safer birth for mother and baby
- Reduce the risk of pregnancy complications, which can be serious. For example: miscarriage and birth defects; gestational diabetes and pre-eclampsia; premature birth, complications in labour, more likely to have a caesarean, higher risk of still birth, short and long term health problems for the baby
- Less weight to lose after baby is born, also means baby is less likely to develop obesity during his/her life
- Less likely child will become overweight later in life

**Conception advice for woman and her partner:**
- Eat a balanced and healthy diet.
- Take a 5mg folic acid supplement and 10 mg Vitamin D every day
- Avoid alcohol
- Stop smoking
- Be active

**Refer to Healthy Lifestyles Service to be assessed for:**

- Local weight management services including Slimming on Referral, Community Activators, Cooking Skills, Healthy Lifestyle.

### For Clients:

  www.nhs.uk/Livewell/childhealth6-15
- **Birth to Five.** London: Department of Health (2009)
  Tel. 01225 831847
- **NHS Choices**
  www.nhs.uk
- **Change4life**
  www.nhs.uk/Change4Life
- **Get Active**
  http://getactive.wesport.org.uk
- **Healthy Lifestyle Service**
  www.sirona-cic.org.uk
  Tel: 01225 831852

### For Professionals:

- **NICE guidance PH27:**
- **Healthy Lifestyle Service**
  www.sirona-cic.org.uk
  click on Healthy Lifestyles page
  Tel. 01225 831852
## Tier 2

**All pregnant women**  
(including those with BMI 30+)

### In Pregnancy, Midwifery And Consultant led Care

- **At booking visit (first visit)**
  1. Measure weight and height
  2. Discuss current eating habits and physical activity levels
  3. Identify any concerns about diet and physical activity levels and consider how they may be addressed
  4. Offer practical and tailored information
  5. Refer to Tommy’s Weight Management leaflet for advice and tips on eating healthily and being active in pregnancy
  6. Dispel myths (eating and exercise)
  7. Promote Healthy Start Scheme (for women under 18 years and those on benefits)
  8. Promote benefits of breastfeeding for mother and baby
  9. Undertake risk assessment for antenatal prophylaxis medications

### Advice for women:

- **Managing your weight is NOT about dieting or trying to lose weight.** It’s about looking after yourself and your baby by eating healthily and keeping active.

- **Eating healthily and being active = healthier pregnancy, safer birth and healthier baby**

- **Dispel myths: No need to eat for 2!**

  In the 3rd trimester women may need a little extra food of around 200 extra calories a day (about 2 slices of wholemeal toast and butter). Other healthy snacks can be found.

- **Moderate physical activity will not cause harm to an unborn child.**
  Moderate activity will not adversely affect the ability to breastfeed or quantity/quality of breastmilk.

  Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity or 5x30

### Refer to local services for further support:

- **Weight management on referral via Slimming World (for pregnancy)**
- **Dietetic support**
- **Automatic referral at booking into Great Western Hospital (SHINE programme)**
- **Cooking skills, menu planning and budgeting**
- **Healthy Lifestyles and parenting**
- **Physical Activity support**

### Further information and top tips

- Can be found on Change4Life and Start4Life websites
- Recommend 5mg of Folic Acid and 10 mcg of Vitamin D

### Resources And Further Information For Professionals And Clients

#### For Clients:

- **NHS Choices**
  www.nhs.uk
- **Change4Life**
  www.nhs.uk/Change4Life
- **Start4Life**
  www.nhs.uk/start4life
- **The Pregnancy Book, London:**
  Department of Health  
- **Birth to Five, London:**
  Department of Health (2009)  
- **Healthy Start Scheme**
  www.healthystart.nhs.uk/
- **Healthy Lifestyle Service**
  www.sirona-cic.org.uk  
  click on Healthy Lifestyles page
  Tel. 01225 831852
- **Get Active**
  http://getactive.wesport.org.uk/
- **Managing your weight in pregnancy**
  Tommys Leaflet  
  www.tommys.org/page.aspx?id=779
  www.tommys.org/page.aspx?id=930
  www.tommys.org/page.aspx?id=930  
  (This link is relevant for health professionals also)
- **Maternal health and nutrition guidelines**
  www.bathnes.gov.uk  
  and search for ‘public health’
- **Breastfeeding Support Services**
  www.sirona-cic.org.uk  
  click on ‘children’ and then ‘maternity’

#### For Professionals:

- **Practice advice about being active during pregnancy:**
  http://www.rcog.org.uk/womens-health/clinical-guidance/exercise-pregnancy
- **NICE Public Health Guidance11,**
  **Maternal and child nutrition**
  http://guidance.nice.org.uk/PH11
- **NICE Clinical Guidance 43:**
  Obesity: Guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children:
  http://publications.nice.org.uk/obesity-cg43
- **NICE Clinical Guidance 62:**
  Antenatal care: Routine care for the healthy pregnant woman:
  http://publications.nice.org.uk/antenatal-care-cg62
- **BMI calculator**
  http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx
- **B&NES Dietetic service**
  For more information
  Tel 01225 833916
  Ensure patient is willing to make a change to their diet and first line dietary advice has been given.
## Tier 3

<table>
<thead>
<tr>
<th>BMI &gt; 30</th>
<th>Third Trimester Review</th>
<th>Resources And Further Information For Professionals And Clients</th>
</tr>
</thead>
</table>
| All Pregnant women with BMI > 30 | Refer for glucose tolerance test. Undertake risk assessment for Antenatal and postnatal prophylaxis medications. Refer for manual handling assessment. | For Clients:  
NICE Clinical Guideline No. 63: Diabetes in Pregnancy  
http://guidance.nice.org.uk/CG63  
NICE Clinical Guidance 27: Weight Management before, during and after pregnancy  
CMACE and RCOG Joint Guidelines for management of women with obesity in pregnancy  
www.rcog.org.uk/womens-health/clinical-guidance/management-women-obesity-pregnancy |

## Labour and Delivery

<table>
<thead>
<tr>
<th>BMI &gt; 30</th>
<th>Third Trimester Review</th>
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</tr>
</thead>
</table>
| BMI > 30 | Undertake risk assessment for postnatal prophylaxis medications & Mobilise as early as possible post delivery. Automatic referral at booking into Health in Pregnancy Support Service (SHINE Programme) | NICE Clinical Guideline No.55: Intrapartum Care  
www.nice.org.uk/CG055  
RCOG Clinical Green Top Guideline No. 37.  
www.planapregnancy.co.uk/PP2010/static/GT37ReducingRiskThrombo.pdf |

## Labour and Delivery

<table>
<thead>
<tr>
<th>BMI 30-34</th>
<th>Third Trimester Review</th>
<th>Resources And Further Information For Professionals And Clients</th>
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</thead>
</table>
| BMI > 35  | Recommend obstetric led care.  
One to one midwifery care in established labour  
Recommend venous access established in early labour and active management of 3rd stage  
Offer postnatal thromboprophylaxis | |
| BMI > 40  | | |
### Supporting Women After Childbirth

**Post Pregnancy**

*from birth up to 1 year*

<table>
<thead>
<tr>
<th>GPs and Health visitors</th>
<th>Resources And Further Information For Professionals And Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>At 6-8 week postnatal check discuss the following:</td>
<td>For Clients:</td>
</tr>
<tr>
<td>• Ask if women would like support/advice in helping to lose weight</td>
<td><strong>Family Information Service</strong> for information on activities and services for 0-20s including:</td>
</tr>
<tr>
<td>• Discuss eating patterns/physical activity levels post pregnancy</td>
<td>• Childcare</td>
</tr>
<tr>
<td>• Provide clear tailored support about how to lose weight safely after childbirth</td>
<td>• Play</td>
</tr>
<tr>
<td>• Promote breastfeeding</td>
<td>• Breastfeeding support</td>
</tr>
<tr>
<td>• Promote Healthy Start for women aged 18 and under or for those on benefits</td>
<td>• Weaning</td>
</tr>
<tr>
<td>• Offer advice on weaning</td>
<td>• Parenting</td>
</tr>
<tr>
<td>• Refer to HENRY programme and change4life for tips on healthy eating/recipes and activity ideas</td>
<td>• Cooking skills</td>
</tr>
<tr>
<td>• Offer follow up appointment within 6 months for advice and support</td>
<td><a href="http://www.1bigdatabase.org.uk">www.1bigdatabase.org.uk</a></td>
</tr>
</tbody>
</table>

**Dispel Myths:**

A healthy diet and regular moderate physical activity will not adversely the ability to breastfeed or quantity/quality of breastmilk

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**For Clients:**

- **Family Information Service** for information on activities and services for 0-20s including:
  - Childcare
  - Play
  - Breastfeeding support
  - Weaning
  - Parenting
  - Cooking skills

  www.1bigdatabase.org.uk
  Tel: 0800 073 1214
  Text: 07980 998 906

- **HENRY: 8 week Healthy Lifestyle and Parenting Programme for parents with under 5s**

  www.henry.org.uk/
  Contact Healthy Lifestyle Service
  Tel: 01225 831852

- **Maternal Health and Nutrition Guidelines**

  www.sirona-cic.org.uk

- **Breastfeeding Support Services**

  www.sirona-cic.org.uk
  click on ‘children’ and then ‘maternity’
### Supporting Women After Childbirth

**GPs and Health visitors**
- Ask if mother is concerned about post pregnancy weight
- Recommend reducing excess weight to reduce risks and complications in future pregnancies
- Promote breastfeeding and signpost to breastfeeding support
- Discuss the benefits of delaying complementary feeding (introducing solid food) until 6 months to support an informed decision
- Offer support for weaning
- Promote Start4Life messages
- Refer to HENRY Programme
- Refer to healthy lifestyle services:
  - Weight Management on referral via Slimming World
  - Cooking Skills, menu planning, budgeting
  - Physical Activity Support
    Tel: 01225 831852
  - Consider referral to dietitian

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**Resources And Further Information For Professionals And Clients**

For Clients:
- NHS Choices
- Healthy Lifestyle Service
  http://www.sirona-cic.org.uk
  Tel. 01225 831847
- Breastfeeding Support Services
  http://www.sirona-cic.org.uk
  click on ‘children’ and then ‘maternity’

For Health Professionals
- NICE Public Health Guidance 11
  Maternal and child nutrition:
  http://guidance.nice.org.uk/PH11

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**For Clients:**

- NHS Choices
- Healthy Lifestyle Service
  http://www.sirona-cic.org.uk
  Tel. 01225 831847
- Breastfeeding Support Services
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  click on ‘children’ and then ‘maternity’

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**Family Information Service**
for information on activities and services or 0-20s including:
- Childcare
- Play
- Breastfeeding support
- Weaning
- Parenting
- Cooking Skills
- Travel
- Limit time strapped into car seats and buggies
- Discourage screen time (0-3 years)

**HENRY: 8 week Healthy Lifestyle and Parenting Programme for parents with under 5s**
http://www.henry.org.uk/
Contact: Healthy Lifestyle Service
Tel: 01225 831852

**Maternal health and nutrition guidelines**
http://www.sirona-cic.org.uk

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**For Breastfeeding mums:**

Health Visitor to:
Observe a feed, complete feeding assessment and identify any problems with positioning or feeding schedule
Refer to breastfeeding support service for women under 25

Refer onto Healthy Weight Management for children (0-5) & Families

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**For Parents**

- Encourage parents to allow infant to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines and supervised during play, including tummy time
- Limit time strapped into car seats and buggies
- Discourage screen time (0-3 years)

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**HENRY: 8 week Healthy Lifestyle and Parenting Programme for parents with under 5s**
http://www.henry.org.uk/
Contact: Healthy Lifestyle Service
Tel: 01225 831852

**Maternal health and nutrition guidelines**
http://www.sirona-cic.org.uk

**Breastfeeding support services**
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